

Media-Smart Youth At-A-Glance

Lesson	Activities	Snack Break	Action Break	Mini Production	Take-Home Idea	Video Module
1 Welcome To Media-Smart Youth	Getting Started A: What Is the Media-Smart Youth (MSY) Workshop? B: Working Agreement C: Focus on Fruits and Vegetables	It's Veggie Time!	Red Light, Green Light	N/A	Tell family about MSY; try a working agreement; tell family about fruits/vegetables	What Is MSY? (intro to workshop)
2 Thinking About Media	A: What Are Media? B: Media & Health—What's the Connection? C: Mini-Production	Mix It Up!	It All Depends on Where You Sit (Wall Sit)	Whose Point of View Is It? Media Question 1 (VIDEO; news report)	Determine purpose next time you use media	What Are Media? (clips of formats; media purposes)
3 Asking Questions	A: More Than One Kind of Kid B: The 6 Media Questions C: Mini-Production	Just Peachy!	The Director Says... (Simon Says)	And...Action! Media Question 3 (PRINT; comic strip)	ID message next time you watch TV; discuss with family	Sample Media (samples for 6 Media Questions activity)
4 Nutrition Know-How... Eat It Up!	A: Hurray for Whole Grains! B: Cutting Back on Fat and Added Sugar C: Mini-Production	Fruit and Krunch Kebabs	A Cool Wind Blows	Creating a Nutrition Poster. Media Question 2 (PRINT; poster)	Share new nutrition ideas: fruit/vegetables, whole grains, low- fat, and added sugar	Eat It Up! (snacks)
5 Motion Com-motion—What Is Being Active?	A: What Is Physical Activity? B: Activities Fit To Be Tried C: Mini-Production	Terrific Tortillas	(Built into Lesson)	Physical Activity Jingles. Media Question 4 (MUSIC; jingle)	Measure pulse; tell family/friends about pulse	Activities Fit To Be Tried: Music Sequence (music for Activity B)
6 Visiting a Grocery Store	Option 1: Going to the Grocery Store (fieldtrip) Option 2: Bringing the Grocery Store to You A: What's on the Label? B: Mini-Production (optional)	Eating Right... Quick as a Flash!	Playground Games	Write a Song or Do an Internet Scavenger Hunt (optional)	Look for fruits and vegetables, whole grains, low-fat and added sugar; read Nutrition Facts labels; talk about food packaging	N/A
7 The Power of Advertising	A: What Is Advertising? B: Thinking About Body Image C: Mini-Production	Food-Group Mania	Let's Do Yoga!	Omission Mission. Media Question 5 (THEATER; skit)	Look for product placement next time you use media	Let's Do Yoga! (Action Break); The Power of Advertising (influence of advertisements)
8 Super Snacks and Better Bones	A: Foods in the Media and Thinking About Packaging B: Building Better Bones C: Mini-Production	Bone-Building Sundaes and More	Weight-Bearing Fun	Your Attention, Please! Media Question 6 (PRINT; billboard)	See which snacks are high in calcium; calcium and physical activity help strong bones; Scavenger Hunt: Calcium	Smoothie Sensations (smoothies)
9 Making Smart Choices Fun and Easy	A: Being Active: What Makes It Easy? What Makes It Hard? B: Get in the Action! C: Mini-Production	Pop It!	The Human Knot	Get Out the Vote! Choose Your <i>Big Production</i> Media Format	Think about helpers/ obstacles; talk to family and friends about making physical activity easy	<i>Big Production</i> Montage (clips of <i>Big Productions</i>)
10 Getting Into the Production Mode	A: This Message Brought to You By... B: 6 Media Questions from the Production Point of View C: 3 Ps in Production	Dip It!	Walkin' In Style	T-Shirts (optional)	Next time you use media, figure out production phases; tell family and friends about the 3 Ps and about the <i>Big Production</i>	On the Air! Roll the Presses! (behind-the-scenes look at production)